

Healthy Recipes

Homemade Pizza

One 10 ounce prepared pizza crust (such a Boboli)
1 tbsp. olive oil
3 ounces tomato paste
1 tsp. oregano
1 tsp. basil
1 tsp. parsley
15 slices pizza style Canadian bacon
1.5 cups sliced fresh mushrooms – steamed for 5 minutes
1 tsp. crushed fresh garlic
3 ounces (3/4 cup) grated, part skim mozzarella cheese

Preheat oven to 450 degrees. Spread olive oil on prepared pizza crust. Spread tomato paste over olive oil. Sprinkle oregano, basil and parsley over tomato paste. Put on toppings of Canadian bacon, sliced fresh mushrooms, and garlic (use other low fat toppings as desired; such as small broccoli florets or thin slices of red or green bell pepper or onions – steamed ahead of time). Top with cheese. Bake for 8-12 minutes or as directed on prepared pizza crust directions. Makes 8 slices. Serves 4.

Calories: 373

Protein: 20 grams

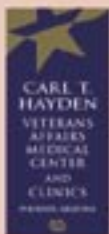
Carbohydrate: 44 grams
(3 carbohydrate exchanges)

Fat: 13 grams (31%)

Sodium: 778 mg

Compare to 2 slices Pizza Hut Pepperoni Pizza:

560 calories, 28 grams fat (45% fat), 1220 mg sodium



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Healthy Recipes

Quick Lasagna

- 4 cups spaghetti sauce (less than 4 g fat per 4 oz)
- 2 cups low fat ricotta cheese
- 1 cup low fat cottage cheese
- 2 tbsp. dried parsley
- 1 tsp. chopped garlic
- 4 ounces grated, part skim mozzarella cheese
- _ pound (12 pasta strips) uncooked lasagna noodles
- _ cup parmesan cheese

Preheat oven to 350 degrees. Spray a 9 x 13 inch pan with non-stick coating. Mix ricotta cheese, cottage cheese, parsley, and garlic. Pour 1 cup of sauce in bottom of pan. Arrange 1/3 of the noodles in the pan so that they touch but don't overlap. Spread _ of the cheese mixture over the noodles. Top with _ of the mozzarella cheese. Top this with 1 cup of sauce, 1/3 of the noodles, the remainder of the cheese mixture and the rest of the mozzarella cheese. Add another cup of sauce, another layer of noodles, and the remainder of the sauce. Sprinkle with parmesan cheese. Bake, covered tightly with aluminum foil, for 1 hour. Serves 8.

Calories: 433

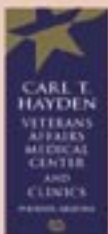
Protein: 26 grams

Carbohydrate: 48 grams (3 carbohydrate exchanges)

Fat: 15 grams (31% fat)

Sodium: 1042 mg

Compare to frozen Lasagna: 510 calories, 26 grams fat (46% fat), 1065 mg sodium



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